



Integral Somatic Psychology™ (ISP™) Module Two Timeline **Raja Selvam, PhD**

WORKSHOP SCHEDULE (24 CE Credit Hours)

ISP is an advanced level training for psychologists, psychiatrists, marriage and family therapists, social workers, professional counselors, psychiatric nurses, as well as art, movement and breath therapists, coaches, bodyworkers, energy workers, psychology trainers and educators, clergy, meditation and spiritual teachers for use in their clinical practice or professional education.

This course has been designed to help improve cognitive, emotional, and behavioral outcomes in all therapies on the basis of clinical implications of evidence-based theories in cognitive psychology and neuroscience on the physiology of cognition, emotion, and behavior, especially the theory of embodied and embedded cognition.

Day 1

9:30 - 11:00 am: Group container building: Introduction of the trainer, assistants, and trainees to the group. Integral Somatic Psychology module one review and module two overview.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theoretical presentation and body sensing: The psychological functions of the torso musculature, according to Bodydynamic Somatic Developmental Psychology and its application to diverse clinical settings. The three diaphragms in the torso. The relationship between the torso musculature and the viscera (controlled by the autonomic nervous system) in emotional experience and its application to diverse clinical settings. Working directly with the client's torso musculature and indirectly with the viscera (controlled by the autonomic nervous system), through movement of the individual muscles or muscle groups, breathing, or through the three diaphragms, with the tools of awareness, intent, visualization, breath, movement, etc. in order to improve cognitive, emotional, and behavioral outcomes.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration with a participant: Working with the four steps of emotional embodiment with a special emphasis on the client's musculature and diaphragms of the torso. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break.

4:15 - 6:00 pm: Clinical practice with working with the four steps of emotional embodiment with a special emphasis on the client's musculature and diaphragms of the torso. Debriefing of practice session.

Day 2

9:30 - 11:00 am: Theory and guided experience: The role of the layer of the quantum level subtle body, metaphorically called ether, in emotional experience and its importance for working with emotions in clinical settings. Moving, sensing, and connecting the joints of the arms and legs, areas that are important for working with this layer of the subtle body.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theory and guided experience: The role of the layer of the quantum level subtle body, metaphorically called air, in emotional experience and its importance for working with emotions in clinical settings. Moving, sensing, and connecting the chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important for working with this layer of the subtle body.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration with a participant: Working with the four steps of emotional embodiment with a special focus on working with and connecting the client's chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important to this layer of the subtle body. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break.

4:15 - 6:00 pm: Clinical practice working with the four steps of emotional embodiment with a special focus on working with and connecting the client's chest area and the upper arms, large intestine and kidneys, and the lower legs, areas that are important to the layer of the subtle body metaphorically called air. Debriefing of practice session.

Day 3

9:30 - 11:00 am: Theory and guided experience: The role of the autonomic nervous system and the organs, glands, and blood vessels governed by it in emotional experiences. The general dynamics such as constriction and arousal through which the autonomic nervous system and the areas governed by it generate as well as defend against psychological experiences. Research findings on the autonomic nervous system and its role in emotional experience. Working with the client's organs, glands, and blood vessels indirectly through breath or movement of the torso musculature or through the torso diaphragms. Working with the organs, glands, and blood vessels more directly

with awareness, intent, visualization, breath, movement, etc. with a focus on improving cognitive, emotional, and behavioral outcomes in all therapies. Questions, answers, and discussion.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theory and guided experience: The role of the layer of the quantum level subtle body, metaphorically called water, in emotional experience. Sensing and connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important for working with this layer of the subtle body.

1:00 - 2:30 pm: Lunch break.

2:30 - 4:00 pm: Clinical demonstration with a participant: Working with the four steps of emotional embodiment with special emphasis on the client's autonomic nervous system and the organs, glands, and the blood vessels governed by it, as well as on working on and connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important to the layer of the subtle body metaphorically called water to improve cognitive, emotional, and behavioral outcomes in diverse clinical settings. Follow-up questions, answers, and discussion.

4:00 - 4:15 pm: Afternoon break.

4:15 - 6:00 pm: Clinical practice working on the four steps of emotional embodiment with special emphasis on working with the client's autonomic nervous system and the organs, glands, and the blood vessels governed by it, as well as on working and connecting the chest and the upper arms, the pelvic area, and the feet, areas that are important to the layer of the subtle body metaphorically called water. Debriefing of practice session.

Day 4

9:30 am - 11:00 am: Theory and guided experience: Inter-personal resonance. Scientific evidence and its importance for the clinical setting. Mechanisms and functions of inter-personal resonance. Difference between resonance, transference, and counter-transference. How to develop and use inter-personal resonance to improve emotional embodiment and attachment work.

11:00 - 11:15 am: Morning break.

11:15 am - 1:00 pm: Theory and guided experience: The role of the layer of the quantum level subtle body, metaphorically called fire, in emotional experience. Moving, sensing and connecting the head, the respiratory diaphragm and digestive organs other than the large intestine, and the thighs, areas that are important to this layer of the subtle body.

1:00 - 2:30 pm: Lunch break.

2:30 – 3:30 pm: Short practice with working with the four steps of the client's emotional embodiment of a pleasant emotional experience with a special focus on using inter-personal resonance and on working with and connecting the head, the respiratory diaphragm and digestive organs other than the large intestine, and the thighs, areas that are important to the layer of the subtle body metaphorically called fire.

3:30 – 4:00 pm: Overview of module three. Closure of module two.